

Terrific Load On Band of Nurses

Need for Increase in Personnel of Service by Health Minister

WINNIPEG — Destitution, particularly in the unorganized parts of the province, is placing a terrific load on the little band of 27 women who are all that is left of the Manitoba provincial nursing service, according to the annual report of the department of health and public welfare, tabled in the legislature by Hon. I. B. Griffiths, minister.

"There is urgent need for an increase in the personnel of this service," Dr. F. W. Jackson, deputy minister, writes in reviewing the work of the year. "I am convinced that a province-wide scheme of nursing service would more than pay for itself."

"Investigating cases for hospitalization and indigency and visiting relief cases is now taking up a third of the nurses' time." Little time thus is left for the regular duties of health supervision in rural schools, assisting at clinics, conducting classes in first aid and home nursing, and giving bedside attention to the needy sick.

Miss E. A. Russell, head of the nursing service, said help in relief work had been given by several organizations, including The Tribune Empty Stomach Fund, which donated more than 1,000 toys and a quantity of clothing. Through the Winnipeg Junior League, the Women's Club, Renfrew Ladies' Club and other groups, more than 500 children were outfitted so that they could go to school. The Municipal Chapter, I.O. D.E., made 200 garments. Children's dresses were made by three groups of Girl Guide Rangers. Members of the civil service knitted mitts and other woollen clothing and men of the unemployment relief office donated 270 pairs of children's moccasins.

Miss Margaret Meehan of the service, directed work which raised \$3,300 for radium treatment for cancer for needy country people. In examining 8,054 country school children, 4,278 were found to have defects of teeth, tonsils and other ailments.

In all, 23,893 home visits were made for health instruction, 1,920 mothers and children went to child welfare stations, and 103 clinics for teeth, tuberculosis and mental hygiene were aided.

New Zeppelin "Airworthy"

Final Three-Hour Test Flight Is Made in Rainstorm

FRIEDRICHSHAFEN, Germany, — Germany's new silver airship, the LZ129, was pronounced "airworthy" after a final three-hour test flight in the rain. Members of the state control commission were aboard and Dr. Hugo Eckener was at the helm.

Other passengers included representatives of the technical and experimental station for aviation and 12 technical experts of the air ministry.

Lieut. Commander Scott Peck of the Lakehurst naval air station, an American observer, praised the performance of the new zeppelin. He has accompanied the ship on all test flights.

He declared the engines are far more powerful and much faster than in American dirigibles mainly because of the streamlining of the LZ129.

"I consider all possibilities of danger eliminated," the American said.

When Old Buildings Burn

(From the Peterborough Examiner)

Ontario Street in Stratford has had more than its share of fires in recent weeks. It is not long since the Beacon-Herald moved back to its home after being driven out by fire. Now a building across the street, the old Albion Hotel Block, has been attacked and reports indicate damage has been serious. Probably the one thing a person watches for in a fire report more than any other is some announcement regarding what will now be done. In the case of the fire at the Beacon-Herald, we believe it is correct to say that plans for the rebuilding were under way before the fire was thoroughly dealt with and conquered. In that case there was inconvenience and plenty of it, but there was rebuilding on a better scale. The community had nothing to worry about in such a situation. A good many contractors and workers would actually benefit because the fire took place.

In a fire in the Albion Hotel block it will be different. Years ago it was a going concern as a leading hotel, but it is not so today. For months

Census of Transients Shows Few Farmers

BURLINGTON—A new census of transients, supplementary to the December 13th count which showed that 60 per cent. of Ontario's "forgotten men" were unskilled laborers, is planned by the special committee in charge of the work, Edmond H. Holtby, honorary secretary, announced recently.

The former census was taken throughout the province. It showed that one out of every four of the thousands of transients were either under 20 or over 50, and that less than two per cent. of those registered gave farming as their trade.

Under miscellaneous occupations were listed some 20 per cent., said Mr. Holtby. Two claimed to be inventors and one a mile-stone inspector. The census was taken from municipal welfare records.

Farm Land Value Shows Increase

Wages Also Slightly Higher Statistical Report Shows

OTTAWA — A considerable increase was shown in the average value per acre of occupied farm lands, including improved and unimproved land, together with dwelling houses, barns and other farm buildings during 1935, compared with 1934, according to a report issued by the Dominion Bureau of Statistics.

Wages were also higher during the summer season last year, compared with the preceding year, as was the value of farm live stock and wool.

The average value per acre in 1935 was \$24, against \$23 the previous year.

British Columbia was the highest, with a value of \$60, against \$58 the previous year, and Ontario next at \$42, compared with \$41. Values in other provinces with previous year in brackets follow: Quebec \$41 (\$34); Nova Scotia \$31 (\$27); Prince Edward Island \$31 (\$34); New Brunswick \$25 (\$24); Manitoba \$17 (\$17); Saskatchewan \$17 (\$16); Alberta \$16 (\$16).

The average wage per month was \$20 for men against \$18 in 1934, and \$11 for women compared with \$10. The combined value of wages and board for men amounted to \$25, compared with \$23 in 1934, and \$22 for women against \$22.

Combined values of wages and board for men and women, respectively, in 1935 by provinces, with 1934 figures in brackets: Prince Edward Island, \$31, \$22 (\$30, \$21); Nova Scotia, \$37, \$24 (\$35, \$22); New Brunswick, \$35, \$21 (\$35, \$21); Quebec, \$31, \$20 (\$30, \$19); Ontario, \$30, \$26 (\$33, \$25); Manitoba, \$32, \$21 (\$31, \$21); Saskatchewan, \$33, \$22 (\$31, \$20); Alberta, \$37, \$25 (\$35, \$25); British Columbia, \$35, \$30 (\$43, \$30).

The total numbers and values of farm live stock for 1935 follow with the 1934 figures in brackets: Horses, 2,931,337, \$189,341,000 (2,933,542, \$108,132,000); milch cows, 3,849,200, \$134,000,000 (3,864,200, \$110,721,000); other cattle, 4,971,400, \$107,152,000 (5,087,700, \$84,657,000); total cattle, 8,820,600, \$241,152,000 (\$8,951,900, \$195,378,000); sheep, 3,399,100, \$17,055,000 (3,421,100, \$14,298,000); swine, 3,549,200, \$41,778,000 (3,654,000, \$36,029,000).

Total value of farm live stock in 1935 amounted to \$489,326,000, an increase of \$75,489,000, or 18 per cent. over the previous year.

Among fish, carp often live half a century, eels may reach the forty mark, trout seldom exceed thirty, while salmon are old at fourteen.

A Modern Viking Heads Home in Tiny Bark



Hardy Nurmene who, in a tiny canoe has nearly completed his 6,500 mile trip which took him from New York up the Hudson River, Erie Canal, Great Lakes, Mississippi River into Gulf of Mexico, pictured at Panama City, Fla., before starting up the coast.

Nova Scotia Budgets For \$361,191 Deficit

HALIFAX—Budgeting for a deficit of \$361,191—more than \$400,000 less than the 1935 deficit—Premier Angus Macdonald tabled his 1936 estimates in the Legislature last week. Before allowing for sinking fund charges of \$376,088, the estimates showed a surplus of \$14,896. Total ordinary revenue was fixed at \$9,983,985.

The premier, who is also provincial secretary, predicted his next budget would balance the accounts of the province. For the past 10 years, he said, the average deficit had been \$516,000 a year.

Ontario Public Warned Against Phoney Schools

Racketeers Flourish on "Tuition" Fees of Innocent Students. Toronto Yields \$993,321

TORONTO — Increasing activity of racketeers for fraudulent correspondence schools, selling "courses" to technical and collegiate students in Toronto and throughout Ontario, or through powerfully worded advertisements and letters, has started the Toronto Better Business Bureau out on a campaign against phoney schools.

Fake correspondence schools, and schools that sell courses on the promise that work will be found for graduates, have been operating in Toronto for years. Two of the biggest on this continent, with head offices in Toronto, were forced out of business comparatively recently.

One of these, selling a showcard course, took \$548,321 from innocent victims or their parents; the other, providing a "home work" scheme, obtained \$445,000.

Since the depression, however, "trade schools" have flourished, offering courses in trades which ostensibly promised handsome incomes with improving economic conditions.

Some of the courses being offered are art, advertising, medical technology, aircraft, beauty culture, barbering, dancing, automotive engineering, etc. Not all schools advertising such courses are racketeers, but legitimate schools have welcomed exposure of the impostors.

Literature sent through the mail to young men and women just graduating from high schools has been the greatest means of furthering these rackets in the past. But slick salesmen have lately been soliciting among students in Toronto and elsewhere.

Ontario Hit Hard By Threshing Fires

SARNIA—Of agricultural areas in both Canada and the United States, Ontario, almost extent, has suffered to any large extent from fires resulting from threshing operations. P. S. D. Harding, inspector of the Ontario Fire Marshal's department, said, addressing the convention of the Brotherhood of Threshermen.

Approximately 90 per cent. of all of the fires which result from threshing machines were caused from matches and cigarettes, through carelessness of the help, Mr. Harding said. However, he believed that the threshers were blamed for many fires for which he was not responsible.

Last year Mr. Harding investigated 62 barn and threshing fires, this being an increase of 28 compared with 1934.

City's Relief Costs Down \$169,000 in Two Months

TORONTO—Net cost to the city of relief during the first two months of this year was \$519,823 or \$169,000 less than the cost during the same period in 1935, the board of control was advised recently. Gross relief cost in the first two months, including the amounts rebated by the Government, was \$1,887,000, a decrease of \$77,000.

Rabbits Damage Trees in Huron

Fruit Men Worried and Go Gunning for Ruthless Bunnies

ANBURN — The fruit men of this district are very much worried as the snow melts and they see the damage that has been done to the trees by jack rabbits. The length of the winter and the amount of snow have given them a good chance. Some of the men have a novel way of catching the jack rabbits. These bright nights they take their cars along the road side and shoot the bunnies as they pass by.

June 23 Declared Statutory Holiday

LONDON—It was officially announced last week that the King's birthday will be celebrated at London and at all stations at home and abroad on June 23.

Nobody Is Dying And Nobody Born

LINDSAY—Not one death has been recorded in Emily Township, Victoria County, during 1935, according to David Weir, township clerk, who believes it to be a record. During February the 1,600 inhabitants did not provide an entry for his vital statistics book. In addition to there being no deaths, there was not one birth or marriage.

Animal Reason Professor Says That Beasts Possess Power to Think

VICTORIA, B.C. — Animals definitely have reasoning powers, believes Professor J. H. T. Coleman, head of the department of philosophy, University of British Columbia, who said in an address here "It might be added that animals have reason, and human beings have instinct."

"We are all willing to believe that animals think, but in so doing we set ourselves in opposition to a large and vociferous group of psychologists who do not believe that even men think except a few philosophers."

Comparing animal and human mind, Professor Coleman said they had parted for a certain distance, "but the human mind goes on where the animal stops, to what seems infinity."

Stories of animal intelligence and behavior, come down through history he said, but the only valid test of the animal mind was under laboratory conditions.

Canadian Clubs Meet At the Coast in June

OTTAWA—The executive council of the Association of Canadian Clubs decided at a recent meeting, that the conference of the association be held on June 25 and 26 in Vancouver and on June 27 in Victoria. The choice of these cities as the meeting place was made at the conference in Toronto two years ago.

Adult Education Scheme Grows in British Isles

Widespread Appeal to Those Forced to Discontinue School Attendance — Non-Vocational Courses.

SASKATOON — England's latest experiments in adult education, the scheme which permits adults to continue their schooling with the assistance of scholarships and bursaries, was aptly described by Miss Bertha Osmer, following a return from the British Isles, in an address here.

After visiting many institutions where adult education is in progress, she found the new move making a widespread appeal to men and women who were forced to discontinue their school attendance after receiving only elementary education.

Numerous institutions throughout England, she said, are catering to the needs of both men and women. Referring to Hildcroft College in Surrey, which she cited as a typical example, she said the college had an enrolment of 40 resident students and a small teaching staff. The school, for working women over 20, received students from many professions.

Courses are non-vocational, she said, and there are no examinations. The aim of the schools is to broaden the outlook, develop mental and spiritual qualities, and foster capacities for leadership and service.

The curriculum included psychology, history, English, economics, biology, geography, music, drama, and physical education.

Various institutions had different systems in teaching. Examinations were held only in a minor number of the schools. Describing the City Literary Institute in London, she said it offered 203 classes to a student body of 6,000 London workers. Many university graduates taking special classes in books were also enrolled.

Interest in all the arts was encouraged. In Wales, she added, music was stressed, with some exceptional musical students being discovered. Folk dancing and the drama were also presented throughout England.

Many of the colleges, she said, are financed by foundations similar to the Carnegie, others by county councils and philanthropists. Bursaries and scholarships were furnished students principally through trade unions.

The growth of the adult education movement, she added, be traced to small beginnings immediately after the Great War. It is now recognized as one of the most important educational mediums in the country. This plan has been tried successfully throughout Europe.

Travelling libraries, the radio, and established universities, are all co-operating to materially assist the movement, she stated.

Contrasting the educational trend in Europe as compared to America, she said in England, emphasis is laid on the underprivileged while in America the tendency is to contrive education for all types of individuals.

To influence fashion trends in favor of lace, an international committee has been organized at Ca'ais, France.

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Ring Fatalities Occur Rarely

L.W.A. in Stratford Beacon-Herald Discusses Recent Boxing Victim

The death of Fred Matthews in the death of Fred Matthews, Ukrainian miner from Arnsfield, Quebec, as a result of injuries received in a boxing bout during the recent "white hope" tournament in Toronto, has caused wide comment of an adverse nature to a man's sport. While not holding any brief for any particular line of athletics, it is passing strange that such a hue and cry should be raised over this fatality, regrettable as it is, when other sports cause more fatalities as the years go by, especially rugby. Figures are not available as to how many rugby players are killed or receive fatal injuries in their favorite form of athletics every year, but were they known it is quite safe to predict that they far outnumber those in the squared circle.

All told there have been but three fatalities in the boxing ring in Canada during the last thirty years, and it is not stretching matters any to venture a guess that the number of fatalities in rugby, and possibly hockey, is greater than that of boxing. Thirty years ago in the old Mutual Street rink, Toronto, Bobby Lauder, fighting an amateur bout under the name of Chandler, killed a young English lad; and 20 years ago out in Calgary, Arthur Pelky killed Luther McCarthy in a professional bout. McCarthy was a highly regarded "white hope" of the period and was a 1 to 10 shot to whip Pelky, but Pelky knocked him down once and McCarthy practically died right in the ring. The crowd thought it was a fake and burned down the arena. McCarthy's death was somewhat of a mystery, but the autopsy revealed a heart condition.

In the case of the latest victim in Toronto, the opinion of the authorities appears to be varied, some believing that Matthews was injured in an earlier bout on the card, while the official investigation finds that he died from a clot of blood forming on the brain, indirectly the result of a mastoid operation he underwent some years ago.

In defence of boxing, it might be said that the sport is as carefully supervised and scrutinized as any in Canada, and much more so than most sports. Of course, there are some bouts staged without sanction by certain gentry who are merely seeking to add to their own finances with little or no regard for the safety of the fighters. But such was not the case in the Toronto bouts, as they were authorized and under the supervision of the Ontario Athletic Commission, a body appointed by the provincial government, who had their official medical men present to examine every boxer before he entered the ring.

To some boxing may be looked upon as a brutal sport, but if statistics were available it would be found that there are fewer deaths as the direct result of injuries received in the ring than most sports.

When one sums up the matter and analyzes all the particulars down to their minutest details it might easily be seen that boxing is being done an injustice to claim that it is a brutal sport. Here are the facts: Matthews was a big, strong young man, weighing 205 pounds and 22 years of age. He came from a mining camp where he had been used to plenty of hard work, fresh air and plain food. He was the most powerful looking man of the thirty odd contestants in the tourney, and during his workouts looked and acted like a man in perfect physical condition. He passed an extra right medical examination by Dr. M. M. Crawford and Dr. James W. Barton, the official physicians of the Ontario Athletic Commission and was passed as one of the finest specimens on the list. In fact, he did not have a weakness, his heart, lungs, respiration, blood pressure and reactions were all practically perfect.

In all he was only in action 12 minutes and 30 seconds during three bouts, each of the rounds being of 2 minutes' duration with a minute rest between. In his first two bouts he merely toyed with his opponent and did not have to extend himself any, and the blow which eventually resulted in his death was not considered a hard one, as knockout blows are known by the ring gentry. Add to that the fact that eight-ounce gloves were used in the bouts, two ounces heavier than the regulation boxing gloves, and it would appear to simmer down to the undeniable conclusion that possibly the unfortunate death of Matthews was actually attributable to that former operation for mastoid on his left ear, where he received the last blow in his last fight.

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HAVE YOU HEARD

A man says he always takes his wife to town when he wants to buy himself a new suit. He knows who to please.

Father—What's that young man's intentions, daughter?
Daughter—Don't know, Daddy. He is keeping me pretty much in the dark.

A career should be "up" to you—not down.

Political Speaker—I'm pleased to see such a dense crowd here tonight.
Voice—Don't be too pleased. We ain't all dense.

Most men buy a seat in the chair car so they can have something to see their bags on while they are in the smoking compartment.

Judge—I award the eight-day clock to the plaintiff.
Defendant—And what do I get?
Judge—You get the eight days.

In order to cater to an intelligent public one must have a small supply on hand himself.

Hubby—If you don't stop nagging me I'm going to tell you a few things.
Wife—You might begin by telling me why you called me "Baby" in your sleep last night.

If we like his ideas he is a man of vision;
If we do not he is a dreamer of pipe dreams.

His Wife—You told an awful fib to the doctor when he asked you what you had been eating.
Man—I know what I was about. If I had told him I had been eating porterhouse steak and mushrooms he would have charged me accordingly.

"Brunettes make the best wives," asserts a psychologist. In these scientific days they also make very good blondes.

Now that the scientific shary minds have invented an apparatus so delicate that they can measure a maiden's blush, where are they going to find the blush?

The best way to starve to death would be to start a lot of shops where the girls could be made useful instead of beautiful.

Friend—And so you have a sweetheart in every port?
Sailor—Yes—I got 400 ports, too.

Friend—Say, you're not a sailor, you're a wholesaler.

There is some doubt whether 1936 will be a bigger and better year, but it is certain to be a noisier one.

A farmer, paying his first visit to the seashore, asked a boatman if he could buy some of the water to take home to show his wife. The boatman assented and charged the farmer a quarter. A few hours later the visitor returned to the shore. By now the tide had gone out, and the man gazed open-mouthed at the spectacle. "By cracky, mister," he said, "you've certainly done a big business today."

Judith—My sweetheart has just lost all of his money.
Edith—Don't you feel very sorry for him?
Judith—I surely do. How he will miss me!

The human race may be compared to mushrooms, most of it is mushrooms but there are a lot of toadstools mixed in.

Boo—per—The new stenographer's hair is a decided blonde, isn't it?
Boss—Yes, though I did notice a slight indiscretion around the roots.

Willing Captive
She was "led" to the altar—
But some made this crack:
That she didn't falter
Or try to hang back.

Modernized Murder

In the past 15 years, no major underworld figure in New York has had to answer to a court of justice for the homicides done at his bidding. The only charges the major racketeers face at all are charges of income tax evasion, and, surrounded by sharp and cunning lawyers who have a special talent for "fixing" juries, even that fear is with him, not the fear of despair. The racket boss has a profound contempt for the courts and creaky court machinery. If gangs and gang chiefs were not wiped out from time to time by the guns of their competitors there would not be enough penthouses and office buildings to hold them. — (From Current History.)

FREE
Trial Bottle of
KRUSCHEN
GET YOURS NOW
Ask your druggist for a 2-oz. Kruschen Giant Package. It contains a regular bottle and a trial size bottle. Use the trial size first and if not satisfied return the regular bottle unopened. Your money will be cheerfully refunded.

Youth And Music

The way to have a musical people is to have people make music. A good deal is talked about the educative effect of listening to radio and phonographic records, and there is something in it (albeit most for those who know music already), but to make an actor you do not sit and watch plays.

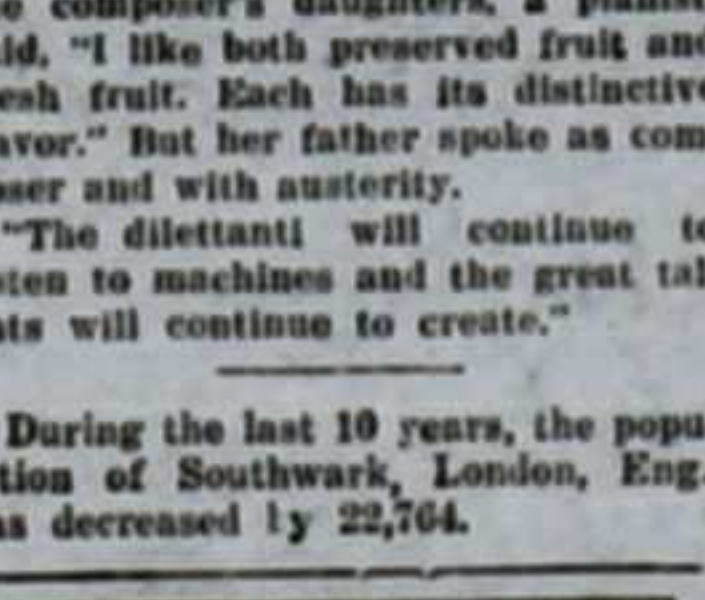
In Springfield the hotels are full of especially appetizing guests. Who should they be but 600 boys and girls musicians in the orchestras and bands from High schools in New England towns and cities? And all rehearsing like a house afire for the festival on Saturday afternoon. The public schools are the life-savers of American music from the drowning of too much passive listening at radio and the asphyxiation of vulgar jazz.

Here children are taught to know the noble music from rubbish that is often filthy and vile, and being taught to love the good. As for their rehearsals and concerts here in this bosom is nothing but the most wholehearted envy of their good time, for if anything has ever been found that is more fun for a musical child than a Spring Festival of amateur players no one knows what it is.

A family party at the villa of Dr. Jean Sibyllus in Finland, was debating this question—whether passive listening to radio and phonograph will sterilize music-making. One of the composer's daughters, a pianist, said, "I like both preserved fruit and fresh fruit. Each has its distinctive flavor." But her father spoke as composer and with authority.

"The distantist will continue to listen to machines and the great talents will continue to create."

During the last 10 years, the population of Southwark, London, Eng., has decreased by 22,764.



ASK YOUR DOCTOR FIRST, MOTHER

Before You Give Your Child an Unknown Remedy to Take

Every day, unthinkingly, mothers take the advice of unqualified persons—instead of their doctors—on remedies for their children.

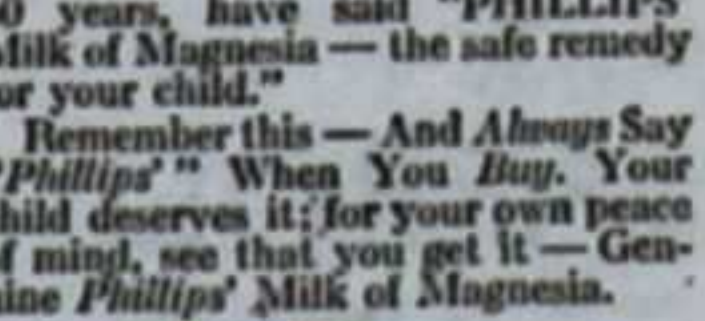
If they knew what the scientists know, they would never take this chance.

Doctors Say PHILLIPS' For Your Child

When it comes to the frequently-used "milk of magnesia," doctors, for over 50 years, have said "PHILLIPS' Milk of Magnesia—the safe remedy for your child."

Remember this—And Always Say "Phillips' Milk of Magnesia" When You Buy. Your child deserves it; for your own peace of mind, see that you get it—Genuine Phillips' Milk of Magnesia.

Also in Tablet Form:
Phillips' Milk of Magnesia Tablets are now on sale at all drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of Genuine Phillips' Milk of Magnesia.



PHILLIPS' Milk of Magnesia

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TO STOP ITCHING AND TO CLEAR UP ECZEMA AND SKIN RASHES—USE D.D.D.

Dr. D. D. Dennis' Liquid Prescription, made and warranted by the makers of Campana's Italian Balm. Trial bottle 35c at your druggist. 24

FOR SALE

60 CYCLE—110 VOLT—C. G. E. MOTOR
IN EXCELLENT CONDITION, 2 HORSEPOWER, 3 PHASE
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MRS. SMALL

Has Cure Of Cancer Been Discovered?

Instances Cited as Proof of Serum's Results. — Hopeless Cases are Aided.

Dr. J. E. Hett, of 607 Sherbourne St., Toronto, Ontario, who has been interested in cancer since his graduation in medicine from the University of Toronto, in 1901, has devoted nearly all of his spare time to research work and intensive study of this great problem.

He toured Europe on different occasions and visited the laboratories and cancer clinics in London, Paris, Berlin, Heidelberg, Vienna, Prague, Padua, Bologna and Rome.

For years in his own laboratory in Kitchener he worked away quietly, taking no time off for sports or other diversions but devoting every spare moment, after the hard day's work at his profession of medicine and surgery. On many occasions he worked throughout the night. Eventually he became convinced that germs were the actual cause of cancer and that irritation alone was not sufficient. He pursued this theory steadily and four and one-half years ago reached the conclusion that he had developed a serum, which, if given intravenously would obtain the long looked for results.

At first his patients were very few but gradually they have increased in numbers so that now he is very busy treating patients every week in Toronto, Kitchener, London and Windsor. For some months past, records have been compiled of a large number of cases. These records are scientifically prepared with the clinical histories and biopsies (pathological reports of sections removed for diagnosis). As time goes on more and more records are added and progress noted.

In the Toronto Evening Telegram of November 16th last, the following appeared:

Doctors Surprised

"A number of very prominent medical men have examined these records and are very greatly surprised at the results. The profession as a whole, however, knows but little of this work which has been going on so quietly. Dr. Hett up to the present time has not given his formulae to the profession and for that reason there has been but little publicity.

Dr. Hett declares that it is his intention to give his secret to the profession when the time comes.

"I am entirely convinced myself, but I do not wish to be considered premature and declaring it. I have a

Catarrhal Deafness May Be Overcome

If you have catarrhal deafness or head noises go to your druggist and get 1 oz. of Parmit (double strength) and add to it 1/2 pint of hot water and a little sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucous stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who has catarrhal deafness or head noises should give this prescription a trial.

WAKE UP YOUR LIVER BILE—

And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out two quarts of bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just drops in the bowels. Gas builds up your stomach. You get constipated. Harmful poisons go into the body, and you feel sick, weak and the world looks black.

A more powerful movement doesn't always get at the cause. You need something that works on the liver as well. It takes three good, solid doses of his Liver Pills to get those two quarts of bile flowing freely and make you feel "up and up". Harmonious and gentle, they move the bile down freely. They do the work of cathartics but have no colored or mercury in them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25c.

Issue No. 13 — '36

ality of the disease, despite all that has been accomplished to date by surgery or radium or other treatment.

	Total Living at end of five yrs.
Ovary	356
Stomach	99
Intestine	86
Rectum	178
Uterus	385
Breast	93

Dr. Hett's Success

A comparison of these records with the records that Dr. Hett has at this time would certainly give the medical profession an idea of the remarkable results obtained in the treatment of the disease similarly located by Dr. Hett with his serum.

The records were examined by the Telegram, and they are available to members of the medical profession who desire to examine them.

The doctor says he realizes the many difficulties which can arise before the medical world can be convinced. A number of local medical men who have attended his clinic and examined his records have declared themselves convinced that his proof is ample, but he declares some time must elapse before he lay his cards all on the table. Four years ago, when he had only a few patients to show, he was urged to announce what he had, but he declined on the grounds that it would be unwise to create any false hope if such should be the case.

"Time is always needed and essential to prove permanency of results," he says, "but I can now say that my studies and observations of many patients prove to me beyond the shadow of doubt that permanency will be proven."

Dr. Hett is not opposed to surgery, X-rays and radium. He claims these all have their places, but a very large number of patients are not amenable to these treatments or have failed to respond to them. Whilst he has been successful in advanced cases of cancer, he has also been successful in cases of sarcoma. He believes also that his serum will prevent cancer, but he has not given it in a single case for the reason that it would be impossible to absolutely prove it. He states that the time will certainly come when people will be immunized against cancer, but that will not come until the profession will recognize that the cure of cancer has been discovered.

Dr. Hett was the first physician in the world to treat an internal fibroid growth by X-rays. He obtained a complete cure and published his results in the Journal of Advanced Therapeutics in September, 1904. He discontinued using X-rays since then, as he did not get any results with X-rays in cancer.

Dr. Hett takes no holidays and he works seven days a week. He is at present travelling some 600 miles every week, covering the provinces westerly as far as Windsor, in an endeavor to meet the demands of patients who are unable to come to Toronto. He declares the strain is a heavy one for a man of his age.

Dr. Hett states that he has had quite a number of patients, some of them bedridden, who had been considered hopeless cases and who are now carrying on normal life again. In fact states the Doctor, "the most of the cases I have treated were far advanced."

The case of Mrs. Small, 930 Manning Ave., Toronto, is the most remarkable. Dr. Hett said that he has not read of such a remarkable case anywhere in medical literature, and that medical men who have seen and examined her hold the same opinion.

"Mrs. Small was told in June 1924, that her case was hopeless and nothing was left but morphine to ease her. Her family was told three months previously that there was no hope for her whatever. She had a part of the bowel removed in the Women's College Hospital in November 1922 and the finding pronounced by microscopic examination was adenocarcinoma. X-rays and radium were later given. A number of outstanding medical men and surgeons had given her up in the beginning of 1924 and it was not until July 27, 1924, that Dr. Hett saw her. At that time she was very low. She was in terrible distress and weighed less than 100 pounds. She had a recurrence and a large mass of cancer in the pelvis, also cancer in the bladder and was taking as much as 19 one-half grain tablets of morphine daily. On January 15, 1925, she took the last dose of morphine and has not taken any since. After treatment with the serum she has gradually improved and leads a normal life again and has been doing all her household work for a considerable time. Her weight is now 146 pounds, the same as it has been the past year and she is the picture of health as her photograph taken January 24, 1926, shows."

Dr. Hett believes this is the most spectacular case recorded. Not only because of the recovery after being so near to death but also because of the breaking off of the habit of taking so much of morphine each day. Dr. Hett believes that no record can be found in any medical journal or other publication of a case that apparently was as hopeless as this and a recovery made.

Dr. Hett is well up in years and recognizes the fact that the time is short for the carrying on of his work. He states that he does not want more patients than he can properly treat

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A Reconstruction Plan for Minto

By Prof. S. B. McCready

Editor's Note: This is the conclusion of a series of ten articles which were published recently in the "Review." While written specially for the "Review" and addressed to residents of Minto Township particularly, we believe they have been found interesting to many of the readers of this paper because the problems of the farm folk of Minto Township are the same problems that confront rural people throughout the province.

So, with all respect and in all humility I make bold to suggest a reconstruction plan for Minto. It has no connection of any sort with a political reconstruction such as Mr. Stevens advocated in the recent election. Nor is it of a sort such as the five-year plans imposed on the Russian farmers by their governmental dictators. Rather it is the sort of economic reconstruction accomplished by Denmark largely through a sensible scheme of adult education. The agency, which, in my opinion, could give the necessary leadership best for such a forward movement is the Minto Agricultural Society.

A few weeks ago the Society (called the West Wellington Society) held its 72nd annual Fall Fair. That means that the first Fair was held in 1863. I believe the time has come when there should be a general stock taking with regard to all our Agricultural Societies and other government supported rural organizations and institutions to find out not only "where they are at" but also at what place they aim to arrive.

Nobody denies the value of the Minto Fall Fair or any other Fall Fair as a happy social get-together. From the standpoint of encouraging and perpetuating the spirit of neighborliness the Fall Fair is well worthwhile. Indeed there should be more of such gatherings. But from the standpoint of advancing the economic well being of Minto Township there can hardly be the same opinion about the value of the Society's work. For the tasks we are facing should not our Agricultural Societies modernize themselves and put themselves at the task of re-directing and reconstructing Ontario Agriculture?

The Minto Agricultural Society has had a long and honorable career. It is the one organization in the Township, apart from the Township Council, that is all inclusive of the population and continuous in its operation. Its purposes are unselfish. Its aim is the public good. Its leadership is established and accepted. My suggestion is that the Society should broaden its services beyond the Fall Fair idea and become a Minto Agricultural and Development (or Reconstruction) Society. During the War the Ontario Government had an Organization of Resources Committee to promote food production and other war-time needs. It is something like this for the new era that Minto faces that I have in mind; bringing about a union of all the Township's forces so that it may attain to its full possibilities. So that none of its resources be unorganized.

Should such a proposal find favorable consideration one of the first duties of the Society would be to "take stock." If possible, the actual and real benefits, derived from the Fall Fair should be honestly estimated. There should be careful consideration of the really constructive value of cash prizes for most of the competitions. Mr. Whaley told

and that it is his hope that the time will soon come that it is generally recognized that he has discovered the treatment for cancer for which the whole world has been looking.

TO END PAIN
...rub in Minard's
Crests with them
internally. Ends skin
breaks. At druggists
in regular and new large
economy sizes.
MINARD'S
"KING OF PAIN"
LINIMENT

HOW'S YOUR STOMACH?

YOU lose vital nerve force if you allow your stomach to distress you. Acid stomach, indigestion, gas or biliousness and "constipation" cause the blood to be poisoned and will eventually destroy health and nerve force. This is what Clarence House of 31 Main St., St. Catharines, Ont., said: "I had no gas, had to force myself to eat, and after eating, I would belch gas and suffer from indigestion and heartburn. I had very stomach quite a bit too. I used Dr. Fure's Golden Medical Discovery and it acted on my system so that I felt like a different man. The 'Discovery' helped to drive away the stomach distress and gave me an appetite." New size, tablets 50c., Liquid \$1.00 and \$1.50.

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OFFICES IN PRINCIPAL ONTARIO CITIES

Making his farewell tour of Ontario, George Graham, self-styled dean of Ontario hoboes, who is well known here, advised Chief Constable A. N. West of Simcoe, last weekend, that after 25 years on the road he has decided to retire.



"Only a few cents a DAY"

"Yes, that's what I work for, and I'm the most willing worker you ever hired!"

"Every hour of the day, seven days a week, I'm at your service, ready to run your errands, keep you in touch with friends, protect you against all kinds of emergencies."

"Give me a chance to prove my worth; you'll never want to be without me again."

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QUALITY LOW PRICES FREE DELIVERY

P. & G. Naptha Soap 5 for 18c
Garden Patch Corn, 17 oz. tin 3 for 25c
Goderich Salt, sq. pkge. 3 for 10c

Glen Rose Flour, 24's 65c
Supreme Shortening 13c
Rinso, Large 23c

Carnation Milk 3 for 25c
Shredded Wheat 2 for 23c
Libby's Spaghetti, 27 oz. 2 for 27c

Shelled Walnuts, 1/2 lb. 19c
Bulk Dates, 2 lbs. 15c
Bartlett Pears 15c

Grimsby Whole Beets 2 for 19c
Keta Salmon 2 for 19c
Golden Spray Cheese, 1/2's 2 for 29c

Gillett's Lye 12c
Tomato Juice, 2's 5c
R. & W. Coffee, 1's 39c

Kolona Coffee, lb. 29c
Crown Tea, lb. 49c
Big 5 Cleaner 5c

— LISTEN IN ON C.K.T.B. SATURDAY, 12:45 —

Use Purina Starters For Healthy Chicks
THEAL BROS.
PHONE 5 — GRIMSBY

Groceries
Flour & Feed

THE WESTMINSTER CLUB

The monthly missionary meeting of The Westminster Club of St. John's Presbyterian church was held in the church rooms, Monday evening with the president, Miss May Crittenden, presiding and Mrs. A. Smith in charge of the programme.

Soloists for the evening were Miss Margaret Stewart who sang "Jesus Lover of My Soul" and Miss Libbie Flett who sang "My Task".

A lantern lecture "From Ocean to Ocean" was given by Janet Flett, which was very interesting, showing our church's work from the Atlantic to the Pacific.

Next Monday evening the club will meet with the Baptist Young People and a good attendance of the Club members is hoped for.

Newest and Best VEGETABLES and FLOWERS

10 BIG PKTS 25¢

VEGETABLE SEED

—and you get your 25¢ back on next order

Large Packet Beautiful Flowers—FREE
Complete instructions sent with each packet. Every packet dated day of purchase. For Seedling Customers, orders of 10 packets or more, please send \$1.00 cash with order. All seedlings guaranteed to grow. Send for your packet today. Write to: MCFAYDEN Big Overstix Packets, 25¢, 50¢, 75¢, 1.00, 1.25, 1.50, 2.00, 2.50, 3.00, 3.50, 4.00, 4.50, 5.00, 5.50, 6.00, 6.50, 7.00, 7.50, 8.00, 8.50, 9.00, 9.50, 10.00, 10.50, 11.00, 11.50, 12.00, 12.50, 13.00, 13.50, 14.00, 14.50, 15.00, 15.50, 16.00, 16.50, 17.00, 17.50, 18.00, 18.50, 19.00, 19.50, 20.00, 20.50, 21.00, 21.50, 22.00, 22.50, 23.00, 23.50, 24.00, 24.50, 25.00, 25.50, 26.00, 26.50, 27.00, 27.50, 28.00, 28.50, 29.00, 29.50, 30.00, 30.50, 31.00, 31.50, 32.00, 32.50, 33.00, 33.50, 34.00, 34.50, 35.00, 35.50, 36.00, 36.50, 37.00, 37.50, 38.00, 38.50, 39.00, 39.50, 40.00, 40.50, 41.00, 41.50, 42.00, 42.50, 43.00, 43.50, 44.00, 44.50, 45.00, 45.50, 46.00, 46.50, 47.00, 47.50, 48.00, 48.50, 49.00, 49.50, 50.00, 50.50, 51.00, 51.50, 52.00, 52.50, 53.00, 53.50, 54.00, 54.50, 55.00, 55.50, 56.00, 56.50, 57.00, 57.50, 58.00, 58.50, 59.00, 59.50, 60.00, 60.50, 61.00, 61.50, 62.00, 62.50, 63.00, 63.50, 64.00, 64.50, 65.00, 65.50, 66.00, 66.50, 67.00, 67.50, 68.00, 68.50, 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THE HOME PAGE

Yesterday at GRIMSBY PARK



Historical
Remembrance
of
Grimsby
Township

By Myrtle A. Bean
PART I
1859 - 1874
Installation 23

Mrs. Crosby clasped her hands in surprise and rapture when she saw her husband making his way to the penitent bench, and as Mrs. Morton nudged her to go forward also, she timidly joined others and knelt on the straw-covered ground beside him. He turned and a faint smile, only for her, spread over his countenance. "I'm going to stop, Laura, so help me God," he said in a voice, husky with emotion. "God be praised, Sam, we'll fight it through."

Mrs. O'Neil went quietly forward. Her conversion came to her like a calm light that dipped deep into her soul, and her cup became full to overflowing when later she saw Carrie, an inward fire shining from her eyes, walk up with others from among the singers. The Mortons saw their eldest rise and make his way to the front, thankful as they knew his soul was at last hearing the call for which he had longed. Primitive nature took on a wild and unearthly halo as the forest, the wind and the roaring of the breakers interceded with God for the hearts of this seeking multitude, hungry for spiritual manna. Their hearts were stilled by a great intake of holy confidence.

Here's my heart
O take and seal it

Seal it for Thy courts above. Simple and direct had been the preaching with themes to stir the heart to prayer and now they were reaping the natural culmination from this spiritual concentration of several days.

The wind growing stronger, swooped down even into the tree-protected circle, catching the capes and full skirts of the women and the coats of the men. It belched in and out of the quilted doorways of the tents. The raised voices of the speakers ebbed and flowed at its whim. Again it was midnight and the fires were low, casting eerie shadows with their last flickering lights. Several times tonight Noah Phelps, Ben and others had replenished them as the wind fanned the wood to brighter flames.

Carefully and quietly Mr. and Mrs. O'Neil and Carrie found their way to their tent. "I am so happy tonight," said Carrie softly as she came to her parents for their blessing. "We have been richly blessed," agreed her father, kissing her white forehead.

Young Nathan had been in bed for some time tossing restlessly, and when Mrs. O'Neil came to him to see if he were sleeping he asked, "Mother, what's that noise?"

"Do you mean the wind, my son?"

"No, not like our wind. It's more noise."

"You mean the lake. You see it's just on the other side of a narrow strip of forest and brush, and it's the waves you hear lashing up on the shore because it's so windy. Now go to sleep, tomorrow will be a great day."

Nathan had never seen the lake close by. He had seen it only at a distance from an open place free of trees on the mountain ridge and one time when his father had occasion to go down to the Gibson stone quarry in the ravine. Before they went down the steep mountain path at the fork, he took his son up the lane that ran along the steep edge of the great ravine to the Point, where they looked down over the village 400 feet below, across a mile of forest to the great expanse of blue waters stretching out as far as the

eye could see. His father in jest had firmly grasped his son's arm and made believe to jump. "We wouldn't like to fall down there," he had laughed.

Now that he realized they were so near that great water he only went to sleep after a plan had formed in his mind, and when he woke at daybreak he got up very quietly to go on a scouting expedition of his own. He got a glimpse of Mr. Phelps who was first up as usual bending over as he picked up firewood, so he skirted noiselessly two silent tents to keep out of his way. He got over the stockade and after considerable searching, ferreted out the beginning of a narrow low path made by the wild folk of the woods that led in the direction of the breakers. Parting the low branches he slowly made his way climbing over the tangled brush, crawling through two places on his stomach, but squeezing through he kept on till suddenly he found himself out on top of a bank. Twenty feet below a wonderful beach of sand stretched out to the water gleaming in the morning sunlight and it was close, so close he could see the foam on the pounding breakers as they galloped in and ebbed back again in rhythmic rotation.

The boy gazed in wonderment. Why didn't I come before. I'm going back and get Homer and John. Quickly as he could he made his way back. It didn't take as long as when he came.

No one noticed the boy had been away. "After breakfast I'll show it to you," he told the two little fellows. (To Be Continued)

Social and Personal

Mrs. Stanley Carrol of Tillsonburg, is visiting with her mother, Mrs. Cole, Main Street West.

Mr. and Mrs. S. Jackson and family of Leamington stayed over night on Wednesday with Mr. and Mrs. F. E. Russ, enroute to their home after spending the winter months in Florida.

Mrs. Harriet Biggar left last week by train for New York where she met her sister, Mrs. J. A. Selby of Baldwin Harbor, Long Island, who accompanied her by motor to South Carolina to spend three weeks.

OBITUARY

Arza Bartlett
Arza Bartlett of Smithville, died from a heart attack while visiting his son, Clayton Bartlett, in St. Catharines, Friday night. He was in his 68th year and had lived in Smithville, on Station street, for many years.

Besides his son, he leaves one daughter, Mrs. Floyd Smith of Buffalo, three brothers, Almond B. of Smithville, and Edward and Emerson of Hamilton, and one sister, Mrs. R. Nevills, Grimsby.

Funeral service was held Tuesday from Merritt's funeral parlours with Rev. J. L. Small officiating. Interment was in St. Ann's cemetery.

Henry William Roger

Henry William Roger, who went to Hamilton from Grimsby in 1856 with his parents when he was one year old, died on Saturday evening at his home, 213 Belmont avenue. Mr. Roger was familiar with Hamilton in its earlier days and had seen most of his contemporaries pass away. For many years he had retained his membership in Court Orient, L.O.F. He is survived by his wife. The funeral was held on Wednesday afternoon at 2 o'clock from Truscott Brothers funeral home to Hamilton cemetery.

Rev. A. E. Quinn

Rev. A. E. Quinn, retired Baptist minister, died suddenly last Thursday afternoon while sitting in his chair. He had been in poor health for some time, and was in his 75th year. Deceased had occupied pulpits in Blenheim, Dunnville, Kenilworth, Niagara Falls and Beamsville.

On his retirement from the church at Beamsville, he purchased a fruit farm in Clinton township, where he resided up to the time of his demise. For a number of years he supplied in various pulpits near his own home. His discourses were always bright and wholesome, and he had a wide outlook on the affairs of life. His widow, two sons, Albert and Charlie, at home, and two daughters, Gwendolyn, in Toronto, and Ellen, of Niagara Falls survive him.

Funeral service was held in the First Baptist church, Sunday, Rev. H. W. Wright officiating. Interment was made in Mount Osborne Cemetery.

OBITUARY

John J. Howey

John J. Howey, Clinton township farmer, died Thursday at the age of 62 years. For some years he had been subject to heart attacks, and from one of the more severe of these his death culminated. Mr. Howey was a raiser of turkeys, and his fine class of birds were much sought after during the Christmas season. His wife and four children, Joyce, Raymond, Melville and Myrtle; one sister, Nina, of Brantford; two brothers, Edgar, postmaster at Brantford, and Leslie, of Los Angeles, and his father, of Cathart, survive. The funeral was held Saturday afternoon, Rev. A. E. Eddy and Rev. Dawson Harris officiating. Deceased was a member of Gore lodge, L.O.O.F., Hamilton.

Clarence Albert Teeter

The death occurred in Toronto on Saturday morning, March 21, of a native son of Grimsby, in the person of Clarence Albert Teeter. The gentleman was born here, a son of the late Mr. and Mrs. Nelson J. Teeter, 61 years ago. For the past several years, he had made his home in Toronto. Besides his wife formerly Miss Elsie Blair of Grimsby, he leaves one son, Glen of Toronto; one daughter, Mrs. Laskey, Toronto; and two sisters, Mrs. Velma Atkins and Mrs. Ethel Nichols, both of North Tonawanda, N.Y.

Funeral service was held at his late residence, 78 Wright Avenue, Toronto, on Monday evening at 7.30 o'clock. On Tuesday afternoon at 2 p.m., service was held from the Grimsby Baptist Church, Rev. Harvey Merritt officiating. Burial took place in Queen's Lawn Cemetery.

Palbearers were Messrs. Chas. Farrell, J. H. Gibson, J. H. Culp, E. Manneil, A. Hewson and A. F. Hawke.

Jacob Stouck

Jacob Stouck, a resident of Clinton township for the last 30 years, died in St. Joseph's Hospital, Hamilton, on Tuesday, in his 72nd year. He had been ill for some time. He is survived by his wife and a brother, John Stouck. The funeral will take place on Friday afternoon, with interment in St. John's church cemetery at Jordan.

AWAY BACK WHEN

(Continued from page 1)
Destructive criticism is the easiest thing in the world. Constructive criticism takes thought. Did you ever try it.

Sure the snow is three feet deep. Wet, heavy, hard to move. Webster is wrong, the government is wrong, the transport companies who are doing their "damndest" to feed you are wrong, everybody is wrong. Did you ever figure out that it would have been a good idea if you had left your own car in the "barn". Don't blame anybody for the quirks of Mother Nature and least of all don't blame the men that are trying to dig you out of the drifts for your own mistake of being there.

Those transport drivers. They are cursed and bedevilled by everybody. If it were not for them, in this age of "gasoline" where would you be? Starving to death. I know. I have gone through the Transport Truck game. If the transports are on the road there is the devil to pay. If they are not on the road there is the devil to pay. The public is just as fickle as Mother Nature. Those transport drivers are not on the road through storms and stress because they want to be. They are there because you have to be fed and clothed and they are the men in this age of "speed" that make it possible for you to eat and appear in a dress suit at dinner.

Ask the Best Transport Driver in Canada—he lives right here in Grimsby, about the "Hell and High Water" that a driver goes through and see what he tells you. My chapeau is off to the Transport Drivers.

And at the same time I am doffing the "old caddy" to the police of Grimsby and district, for the masterly manner in which they have coped with the trying situation of the past week. Sleepless, eatless and wringing wet, Chief DeMille and his aidekick "Bill" Turner were ceaseless in their efforts to relieve the situation and at all times courteous, and in this they were ably assisted by Provincial Constable Isaac Robbie, whose record for going without sleep is just a decimal point below Webster's.

Speaking about transport drivers, did you ever hear tell about the time that "Spearmin" Phipps tore all the verandah posts off the homes on one street in Port Hope. You don't know who "Spearmin" is, well he is Lloyd Phipps, superintendent of the Curran and Briggs Construction Co., "Can-

ada's greatest builders of roads". Anyway, the "kid" was driving a big four-wheel truck with snow plough attachment. There had been a three inch fall of light snow, but previous to that it had rained and frozen and the highway under the snow was a glare of ice. "Spearmin" is going east on No. 2, and topped that terrible hill at Port Hope. At the very bottom of the hill is the main line of the C.N.R. Half way down the hill is a narrow side street. "Spearmin" came over the top of the hill like Casey Jones, with the throttle all out. At the same time a C.N.R. Fast Freight of 80 or more cars started zooming by at the foot of the hill. The big plough was travelling, both wings out, the snow was flying, and "Spearmin" soon would be if he hit that freight. He didn't. He swung the big outfit into the side street and by the time he got it stopped he had ripped off a half a dozen verandahs on both sides of the road. Sure, the government paid, they always do, if you can get it.

Last week I spoke about the "mail". Well it didn't go through. All winter long Ken Nelson and his good wife have bucked the storms and got the "mail through" until last Tuesday when the elements decreed that they could not "buck" farther. No mail went over the local rural route from Monday until Saturday when Mrs. Nelson and her brother "Spearmin" Phipps took a crack at it and the "mail went through", but it was an all day job and at four o'clock in the afternoon they got "mired" on the stone road half way between the town and Grimsby Centre and had to call for a team and sleigh, but the "mail went through".

Mark St. John, Ken Grout and a lot of the other Old Timers had me stopped last week, but it took the Johnstown Flood to stop me. Not the present flood but the flood of May 31st, 1880. Back in the 1900's, one, two and three, there was a painter and paperhanger in Grimsby by the name

of A. E. Forrester. He first lived in one of the Jno. Farrell houses on Depot street and later in the house that is now known as the Laughlin house on Ontario street. During one of those early 1900 summers "A. E." had a "Tramp" painter working for him. A real artist in his line. He had become a "bum". Once he was an influential citizen with a big painting business, several houses and lots and a wife and three children,—in Johnstown. The big flood came and he had nothing. He had lost his all, particularly his wife and children. Could you blame him for becoming a "bum". I couldn't. His name. That's what stopped me and Mark and Ken and a lot more Old Timers. We all knew the man and all about him but we could not remember his name. It's just as well.

This has been a long rant but I had to get it out of my system. At the same time Webster brought the snow-plows from Collingwood.

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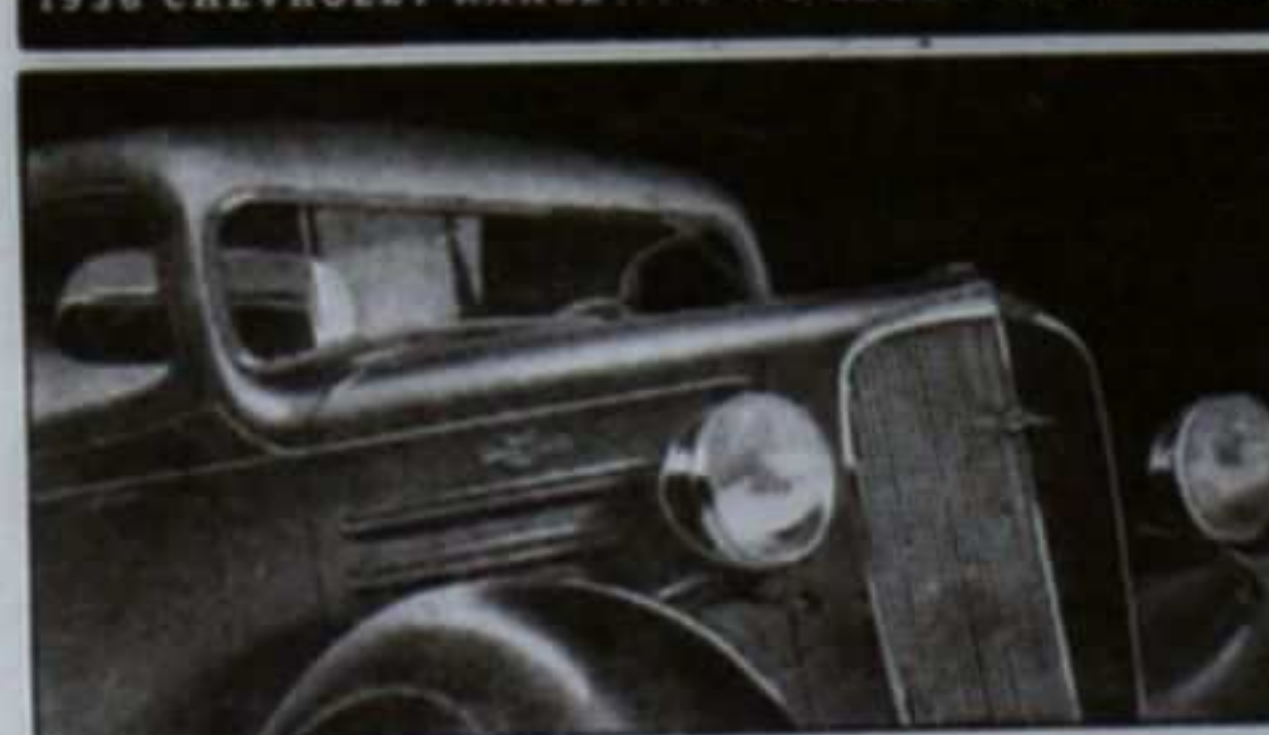
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These new Chevrolet and Maple Leaf trucks are "brute-strong" throughout engine, chassis and frame. Like true friends of man, they'll serve you long and well—without complaint—without strain on your pocket-book. Look into the 1936 line. Compare the lower prices. Ask about the greatly reduced 7% GMAC Canadian plan of time payments.

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PHONE 121

Expectant Mother

Mothercraft Nurse Outlines
Daily Routine During
Pregnancy

"It is wiser to put up a fence at the top of a precipice than to maintain an ambulance at the bottom."
"The normal woman is never safer, healthier, happier, or more uplifted than during pregnancy. Life should run bright and full at these times: if the habits are simple, sensible, regular, and active, there is no ground for worry or anxiety as to childbirth. The expectant mother who takes proper care of herself, and avoids invalidism, is safeguarded all through. Nature can always be relied on to do her part kindly and surely, if the mother does hers," declares Mothercraft nurse.

"From the time of 'conception' up to the time of what we call its 'birth' the baby is a living, growing being, entirely dependent on its mother. All that the past can do for the baby, all that 'heredity' can do, has been done nine months before its birth."

During the first nine eventful months of life in the womb the health of the mother is the health of the baby. The unborn babe is warmed by the mother's warmth, and fed with her blood. If the mother fails to take proper exercise and to breathe pure air she brings on indigestion and constipation, and tends to suffer headache, neuralgia, and weariness, because her blood becomes impure and poisoned. The most delicate and sensitive parts of the unborn child are its rapidly growing brain and nervous system; naturally these suffer most, but impurity of the mother's blood leaves no part of the young organism undamaged.

A baby fed for the first nine months of its life on impure blood (whether the impurity is due to the mother suffering from indigestion and constipation or to her taking alcohol) comes into the world handicapped.

The first duty of every mother is to spare no pains to keep herself strong and healthy and her blood pure, for the sake of her child. Indeed, she owes this duty to herself also, because if the mother is in good health before the baby is born she need have no anxiety that anything will go wrong at the time of birth. (Extract from *The Expectant Mother and Baby's First Months* by Sir F. Truby King, C.M.G., M.B., B.Sc. (Public Health Edin.))

She should see her doctor early in pregnancy, also her dentist. Her husband should be interested. So much health and happiness comes from sensible co-operation and life is easier when we take our responsibilities seriously.

Fresh air—Day and Night.
Sunshine—An important essential of life.

Exercise—An expectant mother should never shut herself indoors, but go out for a walk every day. She should carry on a normal life. A daily rest should be taken.

Water—Plenty of water to drink in between meals. Water helps in removing waste products from the body. Each organ of elimination must be kept in good working order if she is going to be healthy and have a pure blood stream.

Diet in pregnancy—The mother and child's health depends so much on proper diet. Fresh fruit and vegetables, whole wheat meal flour, whole grain cereals, milk, butter, eggs, cheese and fish. Minerals are as important as vitamins. Care must be taken in cooking vegetables. Cook in very little water or in casserole, if cooked in water, use as little water as possible and do not throw this away but use as a soup. It contains valuable mineral salts. It is an excellent idea to take some raw apple or other raw fruit at each meal.

The health of mother and child depends on good prenatal care. —Published under the auspices of the Canadian Mothercraft Society.

Parting Guest

I know I welcomed winter
With a delighted smile;
He was a restful, keen guest,
A loved him—for a while—

But love is only transient,
It passes like a song.
Winter wore his welcome out
By staying far too long.

And such bewitching sunshine
Entices me today;
It has a touch of April
And just a hint of May.

Even my white hyacinth
And golden daffodils
Take on an added beauty
From sunny window sills.

So I speed my parting guest
With an impatient frown,
March wind, will you hurry, please,
And show him out of town!

Montreal. —K. A. Mackinnon.

Mr. Rudyard Kipling's strange Christian name was taken from the village of Rudyard, Staffordshire, where at a picnic his father and mother first met.

Try this fresh fragrant Green Tea

"SALADA" JAPAN TEA

THE REMARKABLE ROMANCE OF AN INDUSTRIAL
DICTATOR

Velvet and Steel

By
PEARL BELLAIRS

SYNOPSIS

Joan Denby of humble origin, is introduced as a social equal of Miss Georgina La Fontaine, rather than as her secretary. She meets Piers Hadden, millionaire, who forces his attention on her. Lord Edwards proposes to Joan.

Joan leaves Miss La Fontaine to become a mannequin at the Salon Celeste. Piers Hadden takes Joan and her family for a cruise aboard his yacht. Joan is horrified when confronted by Hadden with a blackmail letter from her father. He proposes that she marry him.

She lay in the attic bed unable to sleep. Her last night here! The last night of her old life. To-morrow, body and soul, she would belong to Piers Hadden—and such a cold, changed, terrifying Piers Hadden. How could sleep be possible in the circumstances. She did not even know where she would be to-morrow night, except that she would be—with him!

She heard her father come in long after Maud was in bed and asleep. She heard voices down below and then all was quiet. She lay awake through the night, only dozing a little sometimes. She woke with a start to see the first pale light, and as her father left early for the factory, she got up at once so that she might catch him before he went. She planned to walk some of the way to the works with him, and tell him that she had been found out.

She dressed hurriedly, and with her head aching violently, went downstairs. The fire was alight, and a glimmer of gas still burned overhead. But Mr. Denby was not there, and her mother was sitting alone at the table, as yet unaltered for breakfast. She was stirring a cup of tea she had just made, and something in her unkempt hair, her drawn face, and red-rimmed eyes told Joan at once that she had not been to bed all night.

"Mother!" she cried. "Darling! What is it? What is the matter?" Mrs. Denby took the spoon out of her cup and laid it down in the saucer.

"Denby's gone," she said, flatly. "What do you mean? Father?"

"He's gone, Denby has!" replied her mother, in a strange, harsh voice, looking at her with eyes that were swollen and red with weeping. "He's gone on a boat for New York. He'll be sailing now," she added, glancing out at the growing light, and then burst out: "And good riddance too, it is!"

Helplessly the poor woman began to cry again. Joan put her arms round her.

"Mother, what do you mean?"

"I desay it's wrong to say it, but I'm glad he's gone! I'm glad of it, though he has been my husband all these years! He wasn't a good man, Denby wasn't. Last night he came in: 'I'm off,' he says—just like that! 'What do you mean, Bert?' I asks him. 'The detectives are after me,' he says, 'over a job I've been doing. They've been following me, I heard to-night. So I'm not waiting for the police to get me,' he says. 'I got a pal can get me a berth on a ship leaving for New York at daybreak,' he says. 'And I'm off!' But what about me and the boys? I says, wild-like. I was that upset—' Mrs. Denby broke off, sobbing bitterly. "Oh,

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AIRINGS, SAYS LAURA WHEELER



BABY'S KNITTED SET PATTERN 1177

Whether His Highness, the Baby, is yours or another's you'll want to knit him this cunning set of Shetland hose. Anyone can do it—so simple is the sweater body of lace stitch—the yoke of ribs, caught with contrasting yarn to resemble smocking. Pattern 1177 comes to you with directions for making the sweater and cap in an infant and one year size (both given in one pattern); illustrations of the set, and of all stitches used; material requirements. Send 20 cents in stamps or coin (coin preferred) for this pattern to Needlecraft Dept., Wilson Publishing, 73 Adelaide W., Toronto. Write plainly PATTERN NUMBER, your NAME and ADDRESS.

It was terrible, such a shock, like! What 'job' he meant, I don't know! "What did he expect you to do?" What did he say?" asked Joan, horrified.

"Say?" Her mother looked down into Joan's face as she knelt before her, and became suddenly calm. She wiped her eyes. "He says: 'You and the kids can go to blast! I'm fed up, anyway! That's what he says, not another word!'"

"And he went?"

"He went—and slammed the door after him!"

"Oh, mother, mother, how could he go like that? How dreadful! Are you sure he's gone?"

"I looked up and down the street a while ago, and along comes that pale of his, Roakes. I knew he'd be the one who was getting Bert the berth in the ship, so I asks him, 'Has Bert gone, Mr. Roakes?' I asks. 'Yes, he's gone, Miss!' says Roakes. 'I just been a'waving him goodbye from the quay! A nasty sort of man, Roakes is—Denby always took up with the bad ones!'"

This strange way of referring all the time to "Denby," "Denby," and not "your father" had been puzzling Joan for more than a minute or two; and gazing steadily into Joan's face, the mother said quietly:

"Don't you worry, my lass, about Denby being a bad lot. He wasn't your father!"

STARTLING CONFESSION

Astounded, Joan stared at her; and in reply to her bewildered questioning, Mrs. Denby explained: "It's all so long ago. Your father, my girl, was Mr. Henry La Fontaine, Miss La Fontaine's younger brother, him that went to the North Pole and was lost."

She began to cry again, a little. "Oh, I desay you think I'm wicked—it's terrible for you, I know. But it's better for you to have no name than to be the child of a man like Denby!"

Joan comforted her, as soon as her own emotion and dismay would permit her.

"Darling, darling little mother! I am sure you never meant to be wicked! Then Miss La Fontaine is my aunt—how strange, how strange it all is!"

Quietly, her mother told Joan the story. "He was killed, Joany, before you were ever born—and I married Denby. He was good to me at first; it was good of him to marry me, as things were. But I had a little money then—no, you didn't know. He had it off me pretty quick, and spent it all. I never told you about you not being his girl like Maud and the boys, because he didn't want it. I never let Miss La Fontaine tell you either; it didn't seem fair to Denby, him having given you his name, like. But now he's gone there don't seem to be any reason why you shouldn't know. Oh, Joany, Joany

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Issue No. 13 — '36

When The Buffalo Wore Two Coats

(From the Regina Leader-Post)

The Leader-Post's inquiring reporter took a half hour off to interview a number of old-timers on the present state of the weather compared with the old days. Here are some of the views:

Kara Peters, Lemon Hill, Sask.: "She sure stayed down pretty steady in January, but it ain't nothing to what it was in '92. I was hauling cord wood from the valley that winter and the wood froze right to the sleigh rack so we had to burn the rack because we couldn't get it away from the wood. Yes, sir, that was a cold winter and the next summer we had a great crop of wheat, mosquitoes and bill collectors."

Benah Bentley, Spruce Creek, Sask.: "Weather, did you say? Yep. I see it's pretty cold all right, but not like it was back in '92, when I was riding herd west of Wood Mountain. Me and Ike Weaver shot a buffalo bull that winter and the son-of-a-gun was wearing two buffalo coats. And, by criles, he needed them."

Ira Swatfoot, Moose Mountain: "To tell you the truth, young fellow, I think she's been pretty cold the last couple of weeks. It pretty near froze my mother-in-law stiff in January, but we didn't notice much change in her. But I was out one day there a couple of weeks ago, and I sure would have froze my ears off if it hadn't been that I had froze them off completely back in the cold winter of 1907. Having no ears now, and knowing enough to keep my nose out of other people's business, I get along pretty well now, winter and summer. Good day."

Henry Woolbottom, Goose Gulch, Sask.: "Weather? What weather? Cold weather? Who cares? I ain't in."

Go outside and get it. I'm staying been out of the house since Christmas. If you're looking for weather,

Early to Bed Undergoes Revision

EDMONTON. — A group of University of Alberta students here believe they have found the secret of scholastic success. They go to bed at 7 p.m. and arise at 1 a.m. From then until lectures start they study.

"There is always a tendency to criticize sovereigns till they have been able to forge their own greatness."—The Dean of Windsor.

baby, will you ever forgive me?" Joan did her best to reassure her mother; and Mrs. Denby, at last, wiped her eyes, and said cheerfully enough:

"I desay it might all be worse. Now you're marrying Mr. Hadden; he's got so much and he's so kind that I desay he'll do something to help me and the two boys!"

(To Be Continued.)

ILL?

Regardless of the nature of your illness or its duration, do not fail to write or telephone Miss Company Ltd., Federal Building, Toronto, for Dr. Thos. J. Hise's free information, "Notes of Interest on Ferments" and "Antiphysiol." Successful during 17 years.



Daily Newspapers Being Issued By United States Government

From the New York Times

The initial issue of the first official daily newspaper of the United States Government rolled from the giant presses of the Government Printing Office the other day.

Edited, published and circulated by Government personnel, it is devoted exclusively to the rules, orders, regulations, specifications and judicial interpretations of the executive branch of the Federal establishment.

A special appropriation of \$100,000 is available from the recent Deficiency Bill to finance the venture through the remainder of the 1935 fiscal year, which ends June 30 next. The daily is officially styled The Federal Register and is in the same format as The Congressional Record, the closest approach heretofore in American history to the official gazette of other great capitals.

The Congressional Record, however, is devoted exclusively to the transactions and debates of the House and Senate and appears only when Congress is in session. It is published by and for Congress and never has been offered as an official record of government. By contrast, The Federal Register undertakes to present in official, authoritative and uniform manner the multifarious decisions of the 130-odd Federal administrative units.

It will be a formal journal, devoted exclusively to official texts. Editorial comment is specifically forbidden by the statute creating the enterprise. News of matters beyond the administrative and quasi-judicial agencies is to be limited sharply to the official utterances of department or bureau chiefs, as transmitted formally to the Federal Register Administrative Committee composed of the Archivist of the United States, an

Assistant Attorney General and the Public Printer.

The Register will appear daily throughout the year except on Sundays and Mondays and days following holidays.

The initial run was 15,000 copies. About 1,000 copies are required in the Government departments and agencies, principally in their legal divisions. The remaining copies are for sale at 5 cents a single copy, \$1 a month by subscription or \$10 a year.

A survey by the American Bar Association showed a wide potential demand for such a daily record among attorneys, newspaper editors, scholars and business men.

New orders, the survey of the Association disclosed, aggregate approximately 200,000 words monthly in simple text. Perhaps an equal volume of interpretations, rulings and decisions follows each month's orders.

Henceforward all current orders will be published daily in official text in the Federal Register. As rapidly as possible the existing body of administrative law will be codified, department by department and bureau by bureau.

"It is quite clear that if all the world is rearming we cannot be defenseless."—Mr. Lloyd George.

The Man Who Knows

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(9 crops), 4,830 lbs.Plot Treatment—Lime and Superphosphate, Average Yield Per
Acre (9 crops) 5,264 lbs.NEWS OF
SURROUNDING DISTRICT

WINONA

There was an exceptionally large attendance at the St. Patrick's tea at the home of Mrs. R. Nash, under the auspices of the Women's Association. Rev. I. M. Moyer gave an address on the life of St. Patrick. An excellent Irish program was rendered under the direction of Mrs. Glen Reinke, program convener. Vocal solos were rendered by Mrs. H. Glover, of Fruitland; Mrs. William Weaver, Miss Viola Smith and Miss Zeta Bogle; and Irish readings were given by Miss Stella Quance. Mrs. Hugh Campbell played several piano selections.

The many friends of James Maddox will be glad to know that he is able to be out again, after being home for thirteen weeks with a badly crushed foot.

There was an attendance of 30 at the community fellowship hour Friday evening at the home of Mr. and Mrs. N. Kudanski. The topic was on Prayer. A reading was given by Miss Stella Quance.

The A.Y.P.A. of St. John's church held a special meeting at the home of Mr. Harry Cox Friday night. The program was under the supervision of A. MacKay.

Rev. Stanley Kirk, of Hamilton, a former Winona boy, preached at the evening service at St. John's church Sunday.

The Women's Institute held a card party at the home of Mrs. Roy Watson on Tuesday afternoon.

Norris Whewell gave an excellent address on the Life of Gilbert and Sullivan at the literary union of the Young People's union at Fifty church on Sunday evening. The program was under the direction of the literary convener, Miss Stella Quance and Fred Bivand. A violin solo was rendered by Harry Payne.

The horticultural meeting which was postponed last week will take place in the Winona hall on Thursday evening.

The Women's Institute will hold their March meeting at the home of Mrs. Harry Cox on Thursday afternoon. The meeting will be under the direction of Mrs. Arthur Biggar, convener of education, and Miss Jean Carpenter, home economics convener. There will be no Community Fellowship hour this week on account of the Sunday school convention in Stony Creek United church on Friday.

SMITHVILLE

The Smithville Imperials hockey team were tendered a banquet by Wainfleet and presented the George E. Henry cup which they won for the Wainfleet Hockey association with the outstanding record of not losing a game. Dudley Comfort is manager of the team and the players are: Ora Ellis, goalie; Steven Milne, Hugh Merritt, Louis Pettigrew, Dr. John Prior, Russell Tufford, Stanley Book, William Dickson, Robert Shapley, Melvin Comfort, Arthur York and Ronald Lampman. In spite of the bad roads, about 300 fans followed the team to Port Colborne rink to see their last game in the league for this season.

The home of Mr. and Mrs. A. B. Bartlett was the scene of a delightful party last week, when Miss Ola Fisher entertained the Sunshine girls in honour of Miss Dorothy Dymont, who will move to Toronto in the near future.

Other St. Patrick parties included an Irish tea enjoyed by friends of Mrs. J. S. Davis, and a birthday party given by Miss Kathleen Voll.

The monthly meeting of the United Church W.M.S. was held last week at the home of Mrs. W. B. Thompson, with the president, Mrs. J. L. Small, in the chair. Mrs. L. P. Killins was in charge of the devotional period, which was followed by chapters from the study book, led by Mrs. Harry Patterson. Mrs. Small gave a report of the branch meeting held in Galt.

VINELAND

A father-and-son banquet was held in the United church Friday night.

One of the twin sons, which was born to Mr. and Mrs. Henry Rymor last week, is dead.

The eighteen students from Toronto Bible college were able to get through the drifted roads and presented a splendid program Saturday night at the M.B.C. church to a large congregation. A children's meeting was held Sunday afternoon.

Advertisements in the Independent and get results.

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